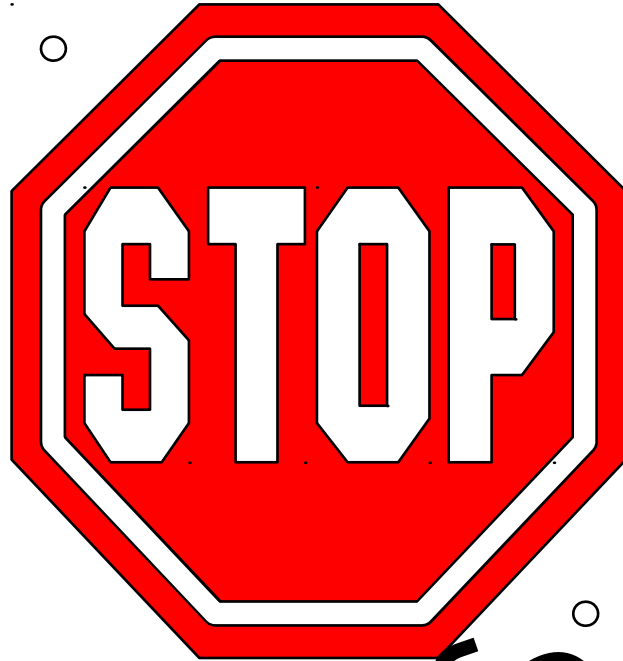


# Summer Safety

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## Summer Safety Campaign

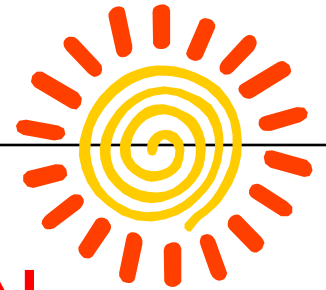


Unsafe Acts

# Summer Safety

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## Summer Safety Campaign



### HEAT INJURY PREVENTION

The summer season can be an enjoyable time of the year. It is also a time when the potential for Heat Injuries increase. Heat Injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.

# Summer Safety

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## Summer Safety Campaign



### HEAT INJURY PREVENTION

- Drink Plenty of Water
- Avoid Heavy Meals At Lunch Time
  - Maintain A Well Balanced Diet
  - Wear Appropriate Clothing
- Use Sunscreen, SF7 Or Above

# Summer Safety

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## Summer Safety Campaign



### HEAT INJURY PREVENTION

- Follow Recommended Work / Rest Cycle
  - Keep Areas Well Ventilated
- Schedule Outdoor Activities During Cooler Part Of The Day

# Summer Safety

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## Summer Safety Campaign



### HEAT INJURY PREVENTION

- Use The Buddy System
- Monitor Those At Risk
- Use Common Sense

# Summer Safety

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## Summer Safety Campaign



### SUNBURN PREVENTION

- Use Sunscreen - Reapply Frequently
- Moderation - Avoid Extended Exposure  
During Peak Hours (1000-1600)
  - Avoid Repeated Exposure
- Seek Medical Care If Severely Burned

# Summer Safety

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## Summer Safety Campaign



### HEAT RASH

- Skin Irritation Caused By Excessive Sweating In A Hot Humid Environment
- Appears As A Cluster Of Pimples Or Small Blisters

# Summer Safety

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## Summer Safety Campaign



### HEAT RASH

- Neck, Around Collar
  - Groin Area
- Under Breasts
  - Under Arms
- Skin Creases



# Summer Safety

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## Summer Safety Campaign



### HEAT RASH

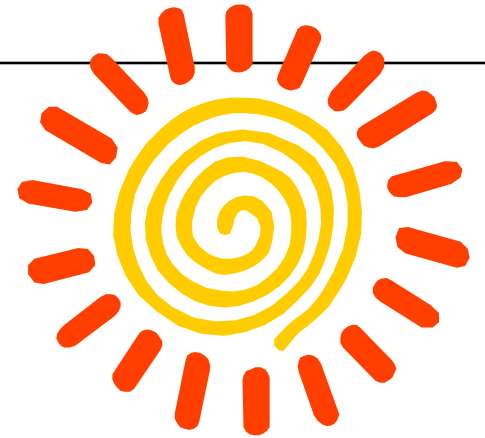
#### PREVENTION AND TREATMENT

- Baby Powder With Corn Starch
  - Cool Shower
  - Avoid Lotions And Creams
- Frequent Change Of Clothing

# Summer Safety

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## Summer Safety Campaign



HEAT  
CRAMPS

# Summer Safety

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## Summer Safety Campaign



### CAUSE

Excessive Loss Of Salt From The Body

### SYMPTOMS

Painful Cramps Of The Major Muscle Groups  
(Arms, Legs, Or Stomach)

### TREATMENT

Provide Cool Water - Shade - Monitor

# Summer Safety

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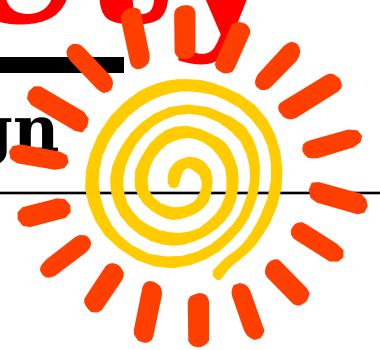
**222d BSB Summer Safety Campaign**



HEAT  
EXHAUSTION

# Summer Safety

## 222d BSB Summer Safety Campaign



### CAUSE

Excessive Loss Of Salt And Water In The Body

### SYMPTOMS

Profuse Sweating - Headache - Paleness - Weakness  
Nausea - Cool Moist Skin - Tingling Sensation In  
Extremities

### TREATMENT

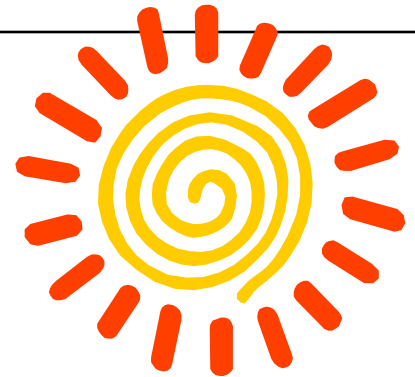
Provide Water - Shade - Elevate Feet - Monitor  
Seek Medical Attention Immediately

# Summer Safety

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## Summer Safety Campaign

HEAT



STROKE

- MEDICAL EMERGENCY -

# Summer Safety

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## Summer Safety Campaign



### CAUSE

The Body's Heat Regulatory Mechanism Stops

### SYMPTOMS

Headache - Dizziness - Delirium - Weakness - Nausea  
Red, Hot Skin - Unconsciousness

### TREATMENT

**Seek Medical Attention Immediately** - Cool Shaded  
Area - Soak Clothing And Fan - Elevate Feet  
Massage Extremities